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Thursday, May 12, 2011
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EGYPTIAN MADE EASY
MAKE SOME MAGIC WITH A MORTAR AND PESTLE {page 25}

HOW DO SPRING STYLES STACK UP?
FROM MANDALS TO '70S SHORTS {page 18}

ROYAL SNUB
MISSING WEDDING WAS DIFFICULT, FERGIE ADMITS {page 17}

VANCOUVER metro®

Thursday, May 12, 2011
www.metronews.ca

News worth sharing.

Clark ekes out win in Point Grey

Former premier Gordon Campbell won the two previous elections in the riding by about 10 per cent Official final count will be held May 18

Premier Christy Clark survived election-day drama of the highest order to earn a seat in the legislature.

Clark's supporters were increasingly anxious and distraught as polling numbers mounted in NDP candidate David Eby's favour after yesterday's Vancouver-Point Grey byelection.

At the halfway point, numbers showed Eby was on the verge of an upset.

But in the end, the Liberal camp at Kerkis restaurant on West 4th Avenue erupted in surprised jubilation as Clark pulled out a narrow victory (7,112 votes to Eby's 6,549, at deadline).

"We did it!" said Clark late into the night. "I guess there were a few anxious moments. This was a close race. I'm sure people are going to say this was a squeaker."

Clark played it safe during a low-key campaign, hoping to coast by on her popularity without the need to engage in debate.

Meanwhile, Eby's party pulled up all the stops with their door-knocking, a tactic that nearly paid off. NDP Leader Adrian Dix was perhaps more active in the riding than the premier.

"You can't take your vote for granted. Not a lot of people showed up to vote tonight," Clark said. "I'm going to work my heart out to be the best MLA I can be."

MATT KIELTYKA

DARRYL DYCK/THE CANADIAN PRESS

▶ Premier Christy Clark and her son Hamish celebrate her byelection win yesterday.

Local

Users fight for Insite

Supporters petitioning country's top court to keep DTES safe-injection site going {page 3}

Against all odds

Like the Canucks, the Sharks have learned no 3-0 lead is safe {page 28}

'Showing my love for life'

Pianist Michael Kaeshammer taking to Vogue Theatre stage {page 14}

Earthquakes shake Spain

At least 10 killed, dozens injured {page 10}

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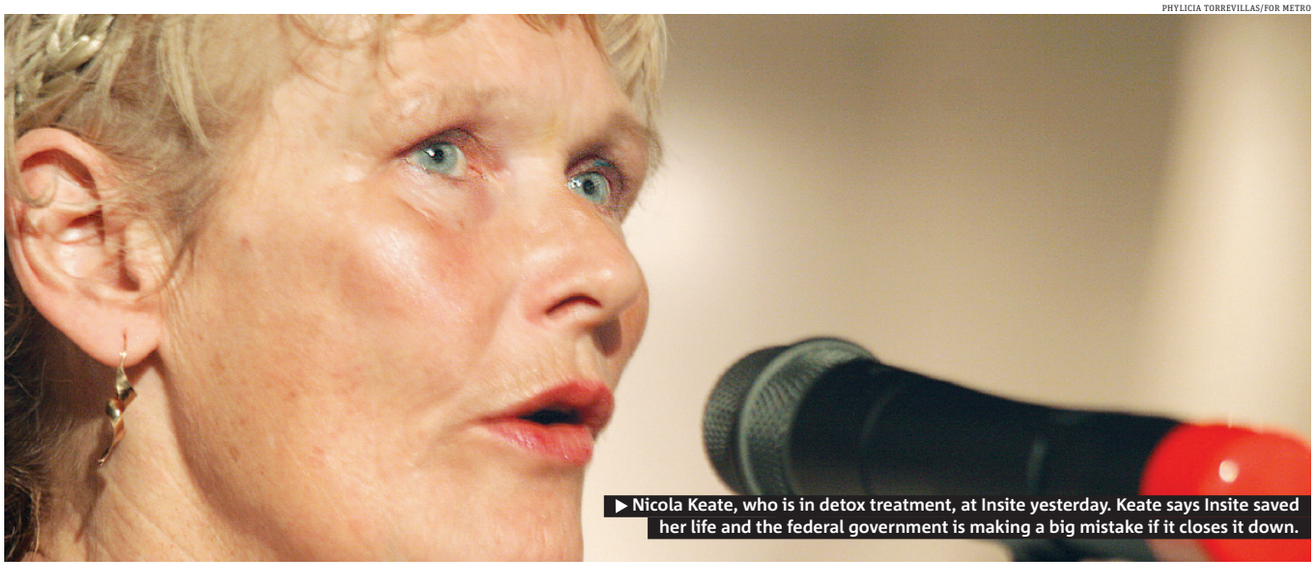
PHYLICIA TORREVILLAS/FOR METRO



▶ Nicola Keate, who is in detox treatment, at Insite yesterday. Keate says Insite saved her life and the federal government is making a big mistake if it closes it down.

Insite saved our lives, users say

Facility reduces overdose deaths, lowers HIV, Hepa C transmission rates: Health officer

Supreme Court case starting today will determine whether Insite can continue to operate

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

"We shall overcome."

That's what Dean Wilson, an Insite user, said he's hoping for as he and other Insite supporters petition to Canada's top court today in an attempt to keep the Downtown Eastside facility open.

"I am living proof that this thing works," Wilson — who is in Ottawa as a respondent in the case — told reporters through a live video feed yesterday.

"I now have 15 months of sobriety due to (Insite) and it saved my life. For anybody to think they can take away a medical intervention to save other people's lives, I'm not going to stop fighting until the end."

Dr. Patricia Daly, chief medical health officer of Vancouver Coastal Health, said Insite has reduced the risk of overdose deaths, decreased HIV and Hepatitis C transmission among intravenous drug users and increased the likelihood of users to enter detox and treatment.

Insite users and the Portland Hotel Society launched a lawsuit after the federal government indicated it would not renew the drug law exemption that allows Insite to operate. Despite winning two B.C. court rulings, the federal government is appealing the case to the Supreme Court of Canada.

"I do know that closing this facility down would be an absolutely critical mistake. Here you feel like you're safe."
NICOLA KEATE, WHO HAS BEEN CLEAN FOR 95 DAYS

"We've seen the life expectancy go up in the Downtown Eastside in the time that Insite has been open," Daly said. "We don't want to take a step backward."

Nicola Keate, who has been clean for 95 days because of Onsite — a detox facility in the same building — said people at Insite treat her with respect, and not like a "bum."

1 news

Thai project finds success by using elephants in therapy for autistic children. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Mike Benhaim surveys 20 years of Best New Artist Grammy winners to find sometimes they get it just right. Video at metronews.ca.

PHYLICIA TORREVILLAS/FOR METRO

▶ NDP Leader Jack Layton holds up a carving of an orca given to him by the Canadian Labour Congress during the labour organization's annual conference in Vancouver yesterday.

NDP will fight for pensions, Layton says

Annual convention of union workers discuss collective bargaining rights, retirement security

PHYLICIA TORREVILLAS
VANCOUVER@METRONEWS.CA

The NDP won't stop until the Conservative government strengthens public pensions, party leader Jack Layton said yesterday as he addressed more than 2,000 labour congress delegates in Vancouver.

Layton, who was speaking at the annual convention of the Canadian Labour Congress, said Prime Minister Stephen Harper is "practically alone in ignoring the looming retirement security crisis."

"A majority of the provincial governments have recognized this brewing storm," Layton said. "The overwhelming consensus amongst these provinces is that the most pragmatic and responsible approach is to strengthen the guaranteed public pensions — the CPP and QPP."

"All they are waiting for is a federal government that's ready to act."

WITH FILES FROM THE CANADIAN PRESS

Pension details

- The NDP favours an expansion of the Canada Pension Plan so that benefits eventually double.
- The Conservatives prefer a private-sector solution that would relax rules for financial institutions, allowing them to offer more options at affordable rates.

Could bedbugs spread 'superbug' infections?

THE ASSOCIATED PRESS

▶ Bedbug

As if bedbugs aren't icky enough, researchers now wonder if the pesky little critters might also be a means of spreading so-called superbug infections.

Researchers discovered that a sample of the blood-sucking insects taken from three patients who live in Vancouver's Downtown Eastside were carrying two types of drug-resistant bacteria.

Co-investigator Dr. Marc Romney, a medical microbiologist at St. Paul's Hospital, said five bedbugs plucked from the patients or their belongings were carrying MRSA or VRE — dubbed superbugs. The bacteria is resistant to many standard antibiotics.

While bedbugs have not been shown in previous studies to spread disease to people, it appears the night-feeding creepy-crawlies may at least cart around the microbes known to cause these often hard-to-treat infections.

"We can't state that bedbugs can transmit disease," Romney said. "What we can say is we found MRSA and VRE on these bedbugs and they might serve as potential vectors for MRSA and VRE, which may ultimately cause disease.

"But we haven't established that yet," he stressed, adding that the study analyzes only a small number of bedbugs from a few patients. Still, the discovery is of concern because infestations bedbugs have exploded in recent years.

"The potential implications — and I emphasize potential — are quite significant, because if bedbugs do indeed transmit MRSA, or if they're vectors of transmission of MRSA and VRE, that would be a very significant health issue," said Dr. Stephen Hwang, a physician and research scientist at St. Michael's Hospital in Toronto, who was not involved in the study.

Vancouver has seen an alarming increase in bedbugs, particularly in the Downtown Eastside, where 31 per cent of residents have reported infestations, Romney said.

THE CANADIAN PRESS

ICBC's ticket hike draws ire

B.C. Solicitor General Shirley Bond is putting the brakes on a plan by the province's auto insurer to slap higher premiums on drivers who have a single traffic ticket.

ICBC says its plan is aimed at higher risk drivers and it could see one in three drivers paying higher auto insurance premiums.

NDP House Leader John Horgan called the plan highway robbery and called on Bond to scrap it.

THE CANADIAN PRESS

Province amends animal cruelty laws

B.C. is getting the toughest animal cruelty laws in Canada with higher penalties and greater accountability, the province announced yesterday as it brought in amendments to the Prevention of Cruelty to Animals Act.

The amendments follow the reported mass killing of 100 sled dogs last April and the appointment of a provincially led sled dog task force.

SAHARA GIANNONE

Women robbed at knife-point

Two young women were "shaken" but otherwise uninjured following a knife-point robbery in southeast Vancouver yesterday morning. The robbery occurred about 2 a.m. as a 17-year-old girl and a 20-year-old woman were waiting for a bus in the 5700 block of Victoria Drive. Two unknown men approached the women and demanded their purses. One of the suspects was holding a knife. The suspects fled the area southbound on Victoria Drive.

SAHARA GIANNONE

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Other includes freight and air tax of $1,550 but excludes variable charges and fees, such as licence, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all other applicable taxes. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,550 but exclude variable fees, any environmental charges or fees, and all other applicable taxes. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,550 but exclude variable charges of license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all other applicable taxes. 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Actual $ per km rate is $0.0453 per km over the lease term. Dealer sets lease rate and may vary by model. Other includes freight and air tax of $1,550 but excludes variable charges and fees, such as licence, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all other applicable taxes. Taxes payable on full amount of purchase price after Manufacturer Rebate has been deducted. Offers include freight and air tax of $1,550 but exclude variable charges of license, fuel fill charge, insurance, registration, PPSA, administration fees, any environmental charges or fees, and all other applicable taxes. All prices are based on Manufacturer's Suggested Retail Price. ††Manufacturer Rebates up to $4,000 (Fiesta SE Sedan $1,000/ Fiesta S Sedan $750/ Focus SE Sedan $1,000/ Focus S Sedan $750/ Focus SE 5-door Hatchback $1,000/ Focus S 5-door Hatchback $750/ Focus Electric $3,000/ Fusion Hybrid $1,000/ Fusion V6 $1,000/ Fusion S $750/ Fusion Hybrid $1,000/ Mustang V6 $1,000/ Mustang GT $1,000/ Mustang Boss 302 $1,000/ Mustang GT500 $1,000/ Escape $750/ Escape Hybrid $1,000/ Edge $1,000/ Flex $1,000/ Taurus $1,000/ Expedition $1,000/ F-150 Regular Cab $1,000/ F-150 Super Cab and Super Crew $1,000/ F-250 to F-450 (excluding Chassis Cabs) $1,000/ F-150 Raptor and Medium Truck models $1,000/ Transit Connect $1,000/ Transit Connect Electric $5,000/ E-Series $1,000/ Transit Connect Wagon $1,000/ Transit Connect Wagon Electric $5,000/ Transit $1,000/ Transit Connect Van $1,000/ Transit Connect Van Electric $5,000/ Transit Wagon $1,000/ Transit Van $1,000/ Transit Cutaway $1,000/ Transit Chassis Cab $1,000/ Transit Connect Chassis Cab $1,000/ Transit Connect Chassis Cab Electric $5,000/ Transit Chassis Cab $1,000/ Transit Connect Chassis Cab $1,000/ Transit Connect Chassis Cab Electric $5,000/ Transit Connect Cutaway $1,000/ Transit Connect Cutaway Electric $5,000/ Transit Cutaway $1,000/ Transit Connect Cutaway $1,000/ Transit Connect Cutaway Electric $5,000/ Transit Chassis Cab $1,000/ Transit Connect Chassis Cab $1,000/ Transit Connect Chassis Cab Electric $5,000/ Transit Chassis Cab $1,000/ Transit Connect Chassis Cab $1,000/ Transit Connect Chassis Cab

‘Paradigm shift’ for companies

More companies offering ‘time, money and resources’ to help conservation programs: Environmentalist

Many major corporations are now recognizing the value of investing dollars to help conserve the environment and wildlife, says a local environmentalist.

“It’s a paradigm shift that has taken many years,” said Doug Walker, CEO of Nature Trust B.C.

“We’re very pleased to ... see the leaders of these companies invest their time and resources to build conservation work and sustainability within our environment.”

Most big companies in B.C. and North America are more aware of their social responsibility to help conserve environmental resources, Walker added.

“It’s become very much the norm that it becomes part of the social fabric of companies today ... to offer time, money and resources to assist a variety of (environmental) programs.”

An example, Walker said, is a new social investment program from Shell Canada called FuellingChange.

The initiative aims to give $1 million in grants to 54 Canadian non-profit organizations — including Nature Trust B.C. — that are working to preserve the country’s land, air and water.

CONTRIBUTED

▶ A screech owl in a nesting box. Volunteers with Nature Trust B.C. build the structures for cavity-nesting birds.

Customers can vote for the project they want the company to support.

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PHYLICIA TORREVILLAS

Police. Pull together

▶ Sgt. Peter Groenland of the VPD’s traffic section and his wife, Colleen, appear yesterday at Vancouver police headquarters to promote Ride to Live.

SAHARA GIANNONE/FOR METRO

Riding to fight prostate cancer

Ride to Live raises money for research, education and support in the fight against prostate cancer. The annual ride was started in honour of Colleen’s dad, who was diagnosed with prostate cancer. Peter was also diagnosed with prostate cancer, in 2008, but overcame it and is cancer-free today. Over the past four years, Ride to Live has raised more than $460,000.

Agents nab $3.5M in smokes

For the second time in six months, border agents in Vancouver have intercepted a container of counterfeit cigarettes. The Canada Border Services Agency says documents that came with the container from China said it was full of clothing, but they found almost 50,000 cartons of cigarettes in it. THE CANADIAN PRESS

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WHO: Future U of A students (Grades 10-11)

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A man-made flood

Intentional dike breach will save Manitoba homes, officials believe

JAMES TURNER
@METRONEWS.CA

"I hate to sound fatalistic, but Mother Nature will do what she wants."
STEVE WILSON

With their tidy Manitoba rural home surrounded by sandbags, Penny and Steve Wilson are locked in a worrisome holding pattern of wait-and-see.

Less than a kilometre away, on a road named Hoop and Holler Bend, provincial crews and heavy machines toil. Helicopters swoop overhead, watching their progress.

Along that road, the flood fighters prepare to cut a hole in a dike holding back the swollen Assiniboine River. The move will intentionally swamp about 150 homes over a 250-square-kilometre area.

It's a drastic measure to relieve pressure on dikes that will save many homes, the province believes.

"We're talking hundreds of thousands of litres of water here," Penny Wilson said. "I don't know how they plan on controlling it or how well that's going to work."

Wilson said she's worried most about area farmers and greenhouses.

"They may lose everything," she said.

DAVID LIPNOWSKI/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper, second left, with Manitoba Premier Greg Selinger beside him, tours dikes holding back the Assiniboine River in Brandon yesterday.

Mystery builds over deportation report

Syria sent journalist to Iran, TV network says

A Canadian journalist arrested in Syria has been deported to Iran, says her employer.

But Al-Jazeera news network and 39-year-old Dorothy Parvaz's family in B.C. are anxiously awaiting any confirmation of her whereabouts.

Al-Jazeera said Parvaz has been deported from Syria to Iran, where she also has citizenship, and is now being held in Tehran.

The Qatar-based broadcaster added: "We are calling for information from the Iranian authorities, access to Dorothy, and for her immediate release.

"We have had no contact with Dorothy since she left Doha on April 29 and we are deeply concerned for her welfare."

Parvaz's father, Fred, who lives in North Vancouver, said someone from Al-Jazeera contacted the family to tell them Syrian officials sent Dorothy to Iran but that has yet to be confirmed. "My concern is her safety," said Parvaz.

"As long as she's safe and she's being treated with dignity, I'm OK with it, but I need some information …

"I need somebody to say, yes, we have Dorothy."

He said his daughter has an uncle in Tehran who could see her, if he's given the opportunity and "if she indeed is in Tehran."

THE CANADIAN PRESS

JOSHUA TRUJILLO/THE ASSOCIATED PRESS/SEATTLEPI.COM

▶ Dorothy Parvaz is a dedicated journalist, her father says. "She wants to get the story out."

The Parvaz file

▶ **The woman:** A graduate of the University of British Columbia, Dorothy Parvaz joined Al-Jazeera's English-language news network last year. She has Canadian, American and Iranian citizenship, her father said.

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Deadliest tremors in 50 years hit Spain

Spain has about 2,500 earthquakes a year, says the National Geographic Institute Only a few are noticed

Two earthquakes struck southeast Spain in quick succession yesterday, killing at least 10 people, injuring dozens and causing major damage to buildings, officials said. It was the highest quake-related death toll in Spain in more than 50 years.

The epicentre of the quakes — with magnitudes of 4.4 and 5.2 — was close to the town of Lorca, and the second came about two hours later, an official with the Murcia regional government said.

The Murcia regional government said about 270 patients at a hospital were being evacuated after the building sustained minor damage. Dozens of injured people were being treated at the scene and a field hospital was set up.

The Spanish prime minister's office put the death toll at 10 and the Murcia administration said the deaths included a minor.

Large chunks of stone and brick fell from the facade of a church in Lorca as a reporter for Spanish state TV was broadcasting live from the scene. Spanish TV showed images of cars partially crushed by falling rubble and large cracks in buildings.

22 More than 22 earthquakes struck Spain yesterday, but two in quick succession proved deadly.

This was the deadliest quake in Spain since 1956, when 12 people died and some 70 were injured in the southern Granada region, according to the National Geographic Institute.

THE ASSOCIATED PRESS

Mona Lisa. Smile

▶ Archeologists excavate in underground tombs of the Convent of St. Ursula, in Florence, Italy, yesterday. They are looking for the remains of Renaissance woman Lisa Gherardini, believed to have posed for Leonardo Da Vinci's painting Mona Lisa.

FABRIZIO GIOVANNOZZI/THE ASSOCIATED PRESS

Da Vinci's muse found?

Researchers hope to identify bones belonging to Lisa Gherardini. If skull fragments are found, they may conduct a facial reconstruction to see if the features match the Mona Lisa.

Bin Laden urging small city attacks, letters find

Osama bin Laden kept pressing followers to find new ways to hit the U.S. while he was in hiding and his terror group was becoming fragmented, officials say, citing his journal and other documents found in last week's raid.

Strike smaller cities, bin Laden suggested. Target trains as well as planes. Above all, kill as many Americans as possible in a single attack.

Though he was out of the public eye and al-Qaida seemed to be weakening, bin Laden never yielded control.

His handwritten journal and collection of computer files reveal his involvement in every recent major al-Qaida threat, including plots in Europe last year.

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RODRIGO ABD/THE ASSOCIATED PRESS

▶ A man sells a new newspaper called Barmek in Benghazi, Libya, yesterday. More than 26 newspapers were created in Benghazi after rebels took control of the city on Feb. 17.

Rebels say they are advancing

Polish foreign minister visits opposition National Transitional Council in eastern city of Benghazi

Pressing to break a two-month siege, rebels in the port city of Misrata said yesterday they captured the local airport and pushed Moammar Gadhafi's forces further from the city's western outskirts.

The reported advances were the latest in a recent flurry of accounts of rebel victories, coinciding with intensified NATO air strikes on Gadhafi's forces in several areas of Libya.

NATO said yesterday the alliance has carried out more than 2,400 air strikes since March 31 as part of the effort to assist the rebels and pressure Gadhafi to end his 42-year authoritarian rule.

According to the Libyan state news agency, JANA, the North Korean Embassy in the capital, Tripoli, was damaged in a recent strike.

Even though some of the recent reports of ground combat are difficult to confirm, they seem to represent a boost for the rebels' military prospects after weeks of stalemate on several fronts.

1,000

Doctors in Misrata, the only rebel stronghold in the west, say more than 1,000 residents have been killed in the fighting and shelling during the siege by Gadhafi's forces.

According to a rebel who identified himself as Abdel Salam, rebels were in total control of the airport in Misrata's southern outskirts after two days of fighting. He said five rebels were killed and 105 injured.

He said rebels are also pushing west from Misrata, toward the nearby city of Zlitan, hoping to then advance farther toward Tripoli.

"This is a major victory," Abdel Salam said. "The Gadhafi forces have been suffering lack of supplies ... Their morale was very low after being defeated several times and pushed back."

THE ASSOCIATED PRESS

Search continues for missing B.C. man

A B.C. woman who survived 49 days in the Nevada wilderness is doing well physically as she recovers from her ordeal at a hospital in her hometown.

"According to Mrs. Chretien's physician, she ... is in relatively good spirits in light of what she's been through. She is eating small meals and is tolerating an advancing diet," an authority said. But the search continued for the 59-year-old woman's husband, Albert Chretien, who remained missing five days after his wife was rescued.

The couple became stranded in mud March 19 on a road near the Humboldt-Toiyabe National Forest, en route to Las Vegas. He set out on foot three days after on the remote road and hasn't been seen since. Rescue teams were on the ground and in the air yesterday after days of on-again-off-again searching due to bad weather.

THE CANADIAN PRESS

RCMP/THE CANADIAN PRESS

▶ Albert Chretien

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Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
– 222.32 13,419.74	– 0.37 (104.05¢ US)	– $5.67 US ($98.21 US)	$4.241 US (– 6.2¢ US)	$1,501.40 US (– $15.50 US)

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Relief at the pump — is it in the cards?

Barring disaster, we should see prices fall over the summer: Analysts

NATHAN DENETTE/THE CANDIAN PRESS

▶ Ouch! Make it stop! Gas prices in Toronto hit a record $1.41.1 a litre yesterday.

Gas prices could take a smaller bite from drivers' wallets today as volatile oil prices fall, but any lasting relief could take months to trickle down to the pump, energy analysts say.

Industry watcher Tomorrow's Gas Price Today predicted a price drop of six cents a litre overnight after yesterday's trading saw the price of crude oil to tumble to $98.21 US a barrel.

But short-term fluctuations in crude prices don't tend to have an impact on long-term retail fuel costs, and it will take a more prolonged drop to staunch the drain on pocketbooks, analysts said yesterday.

One reason pump prices are out of whack with crude oil is the effect of the "crack spread" — the profit margin made by refiners transforming crude into fuel for cars. While oil prices are driven by the ability to pull crude out of the ground and global energy demand, refiners try to gauge how demand for their product will be affected by factors such as weather, seasonal driving and refinery capacity. Then they set what they will charge retailers based on that demand forecast.

"It's a supply and demand thing. As inventories get drawn down and players need to make up their inventories, prices tend to get bid up," said Jason Parent, a senior partner at energy consultancy the Kent Group.

The crack spread should lessen in the months ahead, and gasoline prices should diminish over the summer, Parent projected.

THE CANDIAN PRESS

Canadian exports surge

Canada's trade surplus almost doubled in March. Statistics Canada says the value of exports outpaced imports by $627 million, up from a $356-million surplus in February. In volume terms, exports have risen 12.4 per cent in the first three months of 2011, after a 16 per cent surge in the final quarter of last year, despite the persistent growth of the loonie. The trend suggests the strong dollar may not be as much of a drag on exports as feared. THE CANADIAN PRESS

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JUMPIN' FUEL PRICES: IT'S NOT A GAS, GAS, GAS

HE SAYS ...

JOHN MAZEROLLE
METRO

When gas prices rise, us media types say motorists "got a shock at the pumps," which is silly.

A shock would be if prices plummeted, or if I noticed the Old Spice guy in the next car. On the surprise meter, rising gas prices is between violence in the Middle East and Lindsay Lohan falling off the wagon.

Gas prices rise every summer. They have already skyrocketed in central Canada, and if the rest of you think you're immune I've got a used SUV for sale. Not only can I guarantee you at least one headline in your local paper that says, "Motorists steamed over gas prices" based on a scientific survey of three people filling up, but I'm pretty sure this year we'll finally see the story, "Full gas tank to become status symbol."

Gas prices provoke a lot of questions from motorists ("Are you @*#%$*~ kidding me?") but as a journalist who has covered this story every year for a decade, I have all the answers.

"On the surprise meter, rising gas prices is between violence in the Middle East and Lindsay Lohan falling off the wagon."

Q: Why are gas prices so high?

A: Gas prices rise whenever there is a change in the "world situation." When the world stops changing its situation, gas prices will stop rising.

Q: Where does the money go?

A: It's important to realize that only a small percentage of the money you pay goes toward gas. A breakdown:

- 33 per cent: Solar-Powered Car Company assassination fund
- 33 per cent: The middleman
- 33 per cent: Taxes used to investigate and regulate gas prices

That leaves one per cent for the oil companies, which is why they need government help to stay afloat. Check the web to see where you can donate.

Q: What role does speculation play?

A: It's important. For instance, speculators might note that the Atlantic contains a lot of moisture, which could eventually form a low-pressure system that could strike Barack Obama with a bolt of lightning, causing Iran to strike in America's moment of weakness. If speculators were to imagine this scenario, they would have no choice but to force gas prices higher until the end of the imaginary war.

Q: What are the long-term effects of price increases?

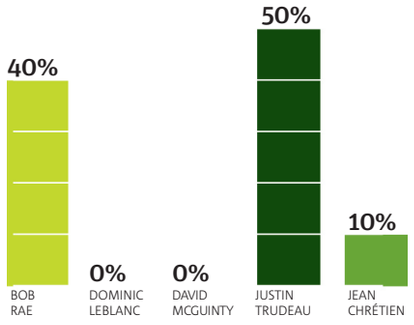
A: Young drivers with large vehicles are looking at the legacy their parents have left them and coming to the same conclusion: No kids, ever.

As you can see, not much can be done about gas prices. That might seem glib, but I'm actually bringing journalistic objectivity to bear: I've never owned a car. I can talk the talk because I walk the walk, whether I want to or not.

Read more of John Mazerolle's columns at metronews.ca/hesays

metro life panel **Register at metrolifepanel.ca and take the quick poll**

Who should lead the federal Liberal party?



Local tweets

- **@D6MERIT:** My beard has just had an interview request ... And yes, it WILL happen. Now leave me alone for awhile, i have a game to prepare for. #GoCaps
- **@translink:** Transit Etiquette 101: Remember that your wet bag or umbrella doesn't need to be on the seat. Others would like a dry place to sit too :) ^DA!
- **@enygren1:** It's #raining in #Vancouver for once
- **@davewk:** Rain, rain, go away ... #vancouver #spring #typical
- **@erin_hanson:** At the Prophouse Cafe off Commercial Drive. And it's amazing. Perhaps the coolest cafe I've ever encountered. Ever. #Vancouver
- **@imackinn:** It's so nice to see "Lions Gate Bridge" trending on twitter without "jumper" in any of the tweets
- **@ApresWheeler:** Wow! RT @TourismBCmedia A pod of #orcas swam under the Lions Gate Bridge and into Burrard Inlet this morning! http://ow.ly/4SAkL #Vancouver

Worth mentioning

TORONTO. A survey suggests Canadian web users may not want to pay for news, but they still trust content from the mainstream media over other sources.

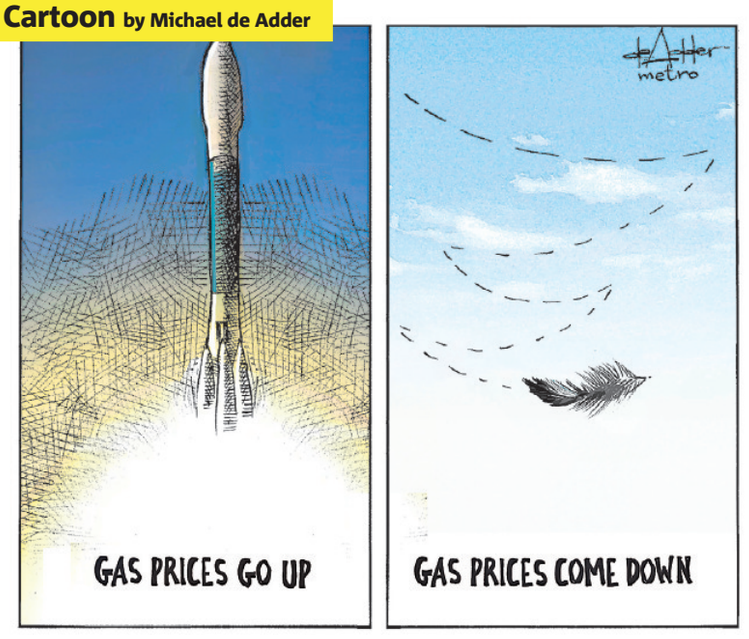
The latest report from the Canadian Media Research Consortium states that about 90 per cent of wired Canadians consider the information they get from newspapers, television, radio and online news sites to be reliable. The percentages were a few points lower among those aged 18 to 34.

Only 26 per cent believed information from social networks is reliable — although the trust rating jumped to 40 per cent among daily social media users — and 65 per cent said they thought news from family and friends was reliable.

When it comes to citizen journalism, news published online by non-professionals, most believed it was best left to traditional reporters. Only 20 per cent believed citizen journalism could provide regular coverage of government, 21 per cent believed it could expose abuses of power and 23 per cent believed it could provide analysis of important events.

THE CANADIAN PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Mayor McCheese return address gave it away

If you get a letter from Britain's No. 10 Downing Street, don't bother with a personalized response. The person who signed it probably used a fake name.

Downing Street says that, for years, staff at the British prime minister's office have been using bogus names in their correspondence with members of the public.

It says that use of pseudonyms was introduced in 2005, after an official was tracked down by a constituent she had been in contact with and threatened at her home address.

But the practice didn't come to light until yesterday, when the country's Channel 4 News exposed one such official as being imaginary. Downing Street said it was now looking in to an alternative to using pseudonyms in its letters to the public.

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2 scene

It's all about sharing for Kaeshammer

On the musical menu: Kaeshammer cooks up spicy show at the Vogue

BACKSTAGE PASS

GRAEME MCRANOR
METRO VANCOUVER

Despite how it sounds, Kaeshammer isn't the name of a German metal band.

But Kaeshammer — first name Michael — is German.

And a musician.

Only the piano is his instrument of choice and his boogie-woogie sound is influenced by jazz, soul, R&B and pop.

That's not to say the singer-songwriter — who immigrated to Canada with his parents when he was a kid — doesn't set the stage on fire with his incendiary performances.

Metaphorically speaking, of course.

"For me the performance is as much about the energy coming off the stage as the energy coming from the audience," he says.

"It's about being myself, writing from the heart and showing my love for life. That's what I want to convey. After the show, people ask me, 'Do you really have that much fun?' And I say, 'You don't know the half of it. It's even more exhilarating than it looks.'"

It looks as if he's having a blast.

And although he's known as a technical wizard, it's his showmanship that really has people talking.

Maybe not that surprising for a guy who's as comfortable at home in the kitchen cooking for friends as he is on stage performing for a crowd.

For Kaeshammer, it's all about sharing the experience.

Michael Kaeshammer performs at the Vogue Theatre Wednesday, May 18, with Jill Barber.

Tickets available at Voguetheatre.com.

CONTRIBUTED

▶ Michael Kaeshammer is set to perform at the Vogue Theatre next Wednesday.

GO-GO GOGOL BORDELLO

OK, so most people heading to Rogers Arena tonight will be going for the musical master class that is known as System of a Down.

But if you've planning on going, do yourself a favour and hit it early to catch Gogol Bordello's high-energy performance. Tickets still available at Ticketmaster.

COWBOY, BABY!

Kid Rock seems to have mellowed somewhat over the years.

After all, his latest album, Born Free, doesn't even have a Parental Advisory sticker on it.

That's a first from him. One wonders if he even bothers with the hiring of strippers for his live performances anymore.

Is nothing sacred? Check him out Tuesday, May 17 at Rogers Arena. Tix at Ticketmaster.

Britney in ink

Britney Spears is the subject of a new one-shot comic book courtesy of Bluewater Productions Inc.'s ongoing Fame series that has seen it profile other celebrities, including Lady Gaga and actors Robert Pattinson and Kristen Stewart, among others. The publisher has also done comic book bios of Sarah Palin, Hilary Rodham Clinton and President Barack Obama. The Spears comic will focus on her rise to stardom, her documented private life and her efforts to be understood. The issue was set to be released yesterday in comic book stores and online retailers.
THE ASSOCIATED PRESS

Judging at Cannes a 'vacation': De Niro

Seeing, and judging, 20 movies in just over 10 days is not everyone's idea of a holiday. But not everyone is Robert De Niro.

The Academy Award-winning actor is heading this year's Cannes Film Festival judging panel — and said yesterday he's looking forward to the break from his usual routine.

"It's a bit of a vacation," said De Niro, who also has directed two features and is co-founder of New York's Tribeca Film Festival.

"I can focus on the films and not have the distractions I normally would have in my everyday life."

De Niro — famously a man of few words in interviews and press conferences — said he had no firm guidelines to offer his fellow judges, who include actors Jude Law and Uma Thurman, Norwegian critic and writer Linn Ullmann and directors Olivier Assayas of France and Johnny To of Hong Kong.

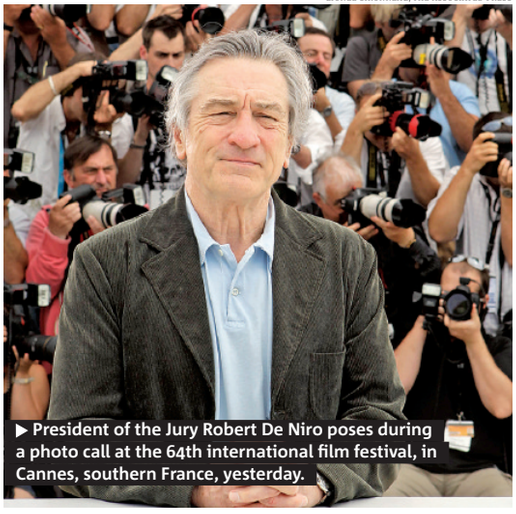
Before the 64th Cannes film festival ends on May 22, they will pick a winner of the Palme d'Or, the festival's top trophy, from 20 films that include new movies from Cannes favourites Lars von Trier, Pedro Almodovar and Terrence Malick.

"I'm not sure what I'm looking for," said De Niro, who first came to Cannes in 1976 as the star of Taxi Driver.

The film won that year's Palme d'Or — as did another film he starred in, The Mission, in 1986.

"I'm sitting there watching the movies and we'll figure it out," he said. "It's all up for grabs at this point."
THE ASSOCIATED PRESS

LIONEL CIRONNEAU/THE ASSOCIATED PRESS



▶ President of the Jury Robert De Niro poses during a photo call at the 64th international film festival, in Cannes, southern France, yesterday.

"I came to get inspired and remind me of the best of why we've devoted our lives to making movies."
CANNES JUDGE UMA THURMAN

GMA Summer Concert Series to kick off with Lady Gaga; Beyoncé, Brad Paisley are also on tap. Scan code for story.

FILE PHOTO/THE ASSOCIATED PRESS

▶ Lady Gaga.

Gaga over FarmVille

Singer debuting songs from her new album on popular online game

Lady Gaga is turning to an unusual method to cultivate her fan base: The pop icon is releasing songs from her new album on a section of the popular online game FarmVille before they can be heard anywhere else.

The singer, known for her outrageous styles will allow singles from Born This Way (due out May 23) to be heard within a specially-created farm, called GagaVille, in the game. Players will have to complete tasks to hear one exclusive new track per day streamed online from May 17 to 19. Starting on May 20, players will be also able to unlock additional songs that aren't exclusive.

FarmVille is one of the most popular games on Facebook, played by about 46 million people worldwide and makes money by players buying game pieces. The parties wouldn't disclose any financial terms, or even comment on whether money was being exchanged.

THE ASSOCIATED PRESS

A missing member

Beastie Boys releasing new album as Adam Yaunch deals with cancer

THOMAS RABSCH/THE ASSOCIATED PRESS

▶ Adam "Ad-Rock" Horovitz, Adam "MCA" Yauch, and Michael "Mike D" Diamond.

It's been 25 years since the Beastie Boys released Licensed to Ill and proved three bratty Jewish guys from New York could deliver hip-hop as deliciously as Run-D.M.C. Despite grey hair for Adam "Ad-Rock" Horowitz, fatherhood for Michael "Mike D" Diamond and cancer for Adam "MCA" Yauch, the group is as goofy as ever, as evidenced by the old-school flavour on their new album, Hot Sauce Committee Part Two.

Yauch, who discovered he had cancer of the salivary gland in 2009, is notably absent. He's still undergoing treatment.

"It's hard that he's not here, but it;d be harder for him to be here," Diamond says.

Yauch's condition has put the tight-knit group's near future in limbo.

"It is what is," Horowitz says. "You deal with it. He's getting treatment. That's the most important thing. We've been friends since 1980. All of this doesn't matter. If we go on tour, we go on tour. If don't go, we don't go. We'll figure it out. Yauch getting better is the most important thing right now."

The Beastie Boys' first lyrical effort in seven years — 2007s The Mix Up was an instrumental affair — is a return to the group's signature roots of uncomplicated beats and clever rhymes.

THE ASSOCIATED PRESS

Website

For tour info:

Site beastieboys.com

ALBERTO E. RODRIGUEZ/GETTY IMAGES

▶ Adrianna Leon, left and Tyler Christopher star in General Hospital.

Going out with a bang

Regis seeking winning exit from show that has never won an Emmy

CHRIS PIZZELLO/THE ASSOCIATED PRESS

▶ Regis Philbin.

Regis Philbin and ABC's exiting soap operas have multiple opportunities to go out as winners at the Daytime Emmy Awards.

All My Children earned 13 Emmy nods and One Life to Live had 12, in nominations announced yesterday for the June 19 awards show.

ABC has cancelled the durable soap operas, each on the air for more than 40 years, and their final episodes will be in the coming months.

Philbin has said that later this year he is leaving the talk show built around him, first with co-host Kathie Lee Gifford and now with Kelly Ripa.

His show has never won a Daytime Emmy for best talk show.

Philbin was nominated for best talk-show host, an award he shared once a decade ago with Rosie O'Donnell.

He also won a Daytime Emmy for best game show host when Who Wants to Be a Millionaire was at its apex.

General Hospital led the way with 21 Daytime Emmy nominations, followed by The Young and the Restless with 20 and Sesame Street with 16.

The awards will be distributed at the Las Vegas Hilton, televised by CBS.

All My Children was nominated for best daytime drama, along with General Hospital, The Young and the Restless and The Bold and the Beautiful.

The National Academy of Television Arts & Sciences said it was giving lifetime achievement awards to game show hosts Alex Trebek of Jeopardy! and Pat Sajak of Wheel of Fortune.

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Celebrity tweets

@PSchwarzenegger

Appreciate all your messages. Small speed bump In life, luckily we own hummers, we will cruise right over it. All will be okay.

@JessicaSimpson

My God-son just said that God is little and big... If he only knew how profound that statement is...

@AlbertBrooks

Just about to go on David Letterman. Saving anything funny now for the show...

@JonahHill

You know you're in New Orleans when you see a grandfather spill his entire Jack on the rocks in his 4 year old granddaughter's face at 11am.

Sarah admits that wedding snub hurt

Sarah Ferguson admits not being invited to the recent Royal Wedding was "so difficult" for her.

"I went through the phase of feeling so totally worthless and that [it] was quite right they didn't invite me.

"Why would they?" she tells Oprah Winfrey during an interview. "The last bride up that aisle was me."

So when it came time for the big day, Ferguson wasn't in London. "I chose to go and be in Thailand in a place called Camelia," she says. "The jungle embraced me." METRO

▶ Sarah Ferguson

▶ Paul McCartney

Sir Paul: hopeful romantic

Paul McCartney is reportedly heading into his marriage to Nancy Shevell with no prenuptial agreement, according to Popeater.

"His friends and business advisers think he's crazy after what happened with his ex, but Paul is insisting Nancy is no Heather," a source says. "There's no need to make marriage a business arrangement."

But the Daily Mail reports that, while there's no traditional prenup, the former Beatle did have a single-page agreement drawn up stating that, should the marriage sour, Shevell won't go after McCartney's children's trust funds. METRO

Schwarzenegger: one day at a time

Grateful for friends' support after split from Shriver

ALL PHOTOS GETTY IMAGES

Arnold Schwarzenegger has spoken out for the first time about his separation from Maria Shriver this week. "We both love each other very much. And we're taking it one day at a time," the former California governor says, according to Hollyscoop.

"I just spoke to Maria an hour ago ... We both were saying the same thing — we're extremely blessed to be surrounded by so many wonderful people, by so many wonderful friends." METRO

▶ Arnold Schwarzenegger

▶ Maria Shriver

Jewelry leads to bracelet for Lindsay?

Lindsay Lohan likely won't be spending any time in jail for her stealing a necklace from a jewelry store, a charge that was knocked down to a misdemeanor last month.

Between overcrowding issues in L.A. jails and time off for good behaviour, Lohan's 120-day jail sentence is expected to actually be 14 days, according to TMZ.

And, with a no-contest plea, Lohan will most likely spend the two weeks at home with an electronic monitoring bracelet rather than behind bars. METRO

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3 life

A go or no?

If your partner doesn't like an outfit do you stop wearing it?

- **Paul:** "Yes. When it comes to my wardrobe, she's the boss!"
- **Alexis:** "No. He hates this jacket and I still wear it!"
- **Max:** "If she hated something I would stop wearing it."
- **Laura:** "NO! I'm stubborn. He'd have to learn to like it."

METRO

Creative director MacGibbon exits Chloe fashion house; replaced by Pringle designer

HE WEARS, SHE WEARS

Fashion is increasingly blurring the lines between women's and men's wear. But in real-life the sexes are still divided when it comes to what looks good on whom

KENYA HUNT
STYLE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

It's hard to pinpoint exactly when the gender-bending undercurrent began to flow through fashion. Whether it's Coco Chanel lounging around in men's pyjamas or Yves Saint Laurent designing his famous Le Smoking tuxedo for women, mannish looks on women have never really gone out of style.

But in the past two years, androgyny has become increasingly trendy. Just when you think it's about to die down, it surges back up again, starting with the boyfriend jacket and jean phenomenon that swept 2008 and moving on through to fashion's current obsession with suiting and tailoring. Meanwhile, H&M has gone unisex for its new Fashion Against AIDS collection, which hit stores last week, and CK One now includes jeans and underwear for both men and women. On the high fashion front, designer Rad Hourani continues to earn buzz — and critical acclaim — for his genderless collection of separates.

Factor in the fact that designers are increasingly showing more continuity between their men's and women's collections with some looks practically mirroring each other and you have a full-on moment.

But are the personal style sensibilities of women and men really merging off the runway? Ask any woman what her boyfriend prefers to see her in, and nine times out of 10, she'll say a t-shirt and jeans, not the elaborate looks she's bookmarked on her favourite street style blogs.

▶ The Misshapes modeling unisex looks from H&M's latest.

A battle of the sexes

EMILY ANNE EPSTEIN

▶ Paul Kodila, radio producer
▶ Alexis Tirado, writer

RICHARD PECKETT

▶ Max Vitiello, gardener
▶ Laura Milne, voice-over agent

Two couples on opposite sides of the Atlantic rate the spring trends on a scale of one to 10.

'70s shorts for men

Paul: "Every year I watch people go to the US Open dressed like Roger Federer is going to hand them a racquet. Tennis apparel should stay on the tennis court." **1**

Alexis: "Love this! It's a fresh and fun twist on summer shorts for men." **9**

Mandals

Paul: "There are three people who could wear the mandal: Moses, Caesar and Jesus." **0**

Alexis: "I agree. This is the worst trend since Uggs." **0**

Max: "I've got a pair of Birkenstocks and I when put them on recently, and I thought, 'I look like an old mathematics teacher." **4**

Laura: "They're a bit feminine, basically like a gladiator women's shoe. I'm going to rock this look soon and I don't want to see a guy wearing the same sandals as me." **2**

Flares for women

Paul: "I'm a shoe guy and it's like buying a Ferrari and putting a cover over it." **2**

Max: "I think they look silly. I'm a fan of skinny jeans because I like the natural shape of legs." **6**

Fruit dresses for women

Laura: "I think it's fun and I do like it but I've tried to steer away from this look because I used to dress like this as a kid." **8**

Max: "I don't know, not such a fan. It looks like my Mum's tabletop in 1974, which was still there in 1988." **5**

RICHARD PECKETT AND TINA CHADHA

D.I.Y. Beauty secrets

THE KIT

The Kit readers are big on sharing their beauty tips! Here is a small sampling:

• For tired eyes, add a little white eyeshadow in the corner of the eyes by the tear duct.
—Tina Monument

• My grandmother had the smoothest hands in her 90s, because she used a bit of Vaseline instead of hand cream.

She taught me to dab a little on my nose, lips and cheeks before going out into the cold winter air.
—Bev Sayers

THEKIT.CA IS LIKE HAVING YOUR OWN PERSONAL HAIRSTYLIST, MAKEUP ARTIST AND DERMATOLOGIST—ALL ROLLED INTO ONE.

Suit yourself: The louder, the better

This season, men's trunks and board shorts are all about flamboyance in loud floral prints, bold colours or short, body-hugging shapes Wear them with confidence and don't be afraid to take the plunge

RICHARD PECKETT
WWW.METRO.LU
METRO WORLD NEWS IN LONDON

1 ASOS

$39, asos.com
Candy stripes are a bit of a classic when it comes to men's summer staples. But they take a scandalous turn when on a pair of super short swimmers.

2 JW ANDERSON

$80, topman.com
Get your beach prowl on in these leopard print swim shorts from Britain's new talent to watch JW Anderson.

3 MARC BY MARC JACOBS

$206, my-wardrobe.com
The height of camp, these fun trunks are perfect if you're blessed with the body and sex appeal to match.

4 PAUL SMITH

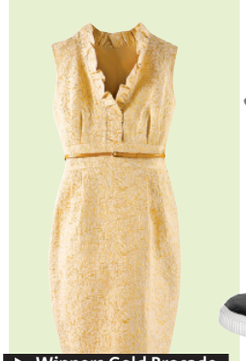
$139, paulsmith.com
Add a little Hawaiian flavour to your vacation wardrobe by experimenting with the season's ubiquitous 1970s floral trend.

5 KITSUNE

$224, oki-ni.com
Swagger along the beach in blood red, alpha male boxer shorts like this pair from Kitsune and imagine you're The Hoff.

Penniless pre-prom?

The big night is approaching and your wallet looks waify Impress your pals with a look for less



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Winners Woven Fedora, $14.99, winners.ca

Winners Leather Sneaker, $79.99, winners.ca

THE CANADIAN PRESS

Giving your home that good old country feel

Country decor need not be just adding some lace and funny wallpaper ◗ There are many simple and easy ways to get that country feel that is both casual and chic ◗ Cleaner lines, neutral colours are the way to go

DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

I STOCK

▶ Country decor has gotten a bad rap over the years, but new trends and ideas are giving new life to country style.

Although the most popular style of decorating, country decor has gotten a bit of a bad rap over the past 20 years. The frilly looks of lace curtains, duck or cow wallpaper borders and the pickled-pine furniture may have been over-used just a wee bit.

There's a new country trend emerging. It's a cleaner-lined no-fuss style that offers a calm and relaxing atmosphere appealing to those that want a casual, yet chic place to live. The colours are updated neutrals like grey, white and taupe with pops of strong colour for sharp surprises. Here's how to get the look.

Flooring

Keep floors dramatic with light or dark options. Painting old wooden floors is a great way to get a bright clean look. Choose a high-gloss white or pale grey paint colour for a smooth, shiny surface that almost looks like plastic. The lighter the colour the more light you will bounce around your space making it feel brighter. If carpeting is your thing then have fun with inexpensive carpet tiles and create a modern checkerboard with carpet squares; a great option for a family room or child's play area that is attractive and eco-friendly.

Paint colours

White, pale grey and soft blue are great colours to keep a room feeling bright and fresh. Consider painting one wall in the room a punchy or dramatic colour to draw attention to the room's focal point such as behind a headboard in a bedroom or the television in the living area.

Furniture styles

There are two extreme looks that seem to compliment each other quite well for the country look. Ornate and fancy traditional furniture that is simplified by a dramatic stain or paint colour, and then an elle-natural wood finish with a soft grey patina. Painting an old colonial china cabinet with a bright, glossy coral red will add punch to the room and make an old furniture piece look hip again.

For a natural look, simply have an old piece of furniture sanded down to the natural wood and then wax it to a soft polish. You'll take an ornate furniture piece and give it a more casual feel.

Lighting

Industrial or outdoor style lighting like hanging barn pendants and gooseneck wall sconces will add a raw country style to a room.

You can now find reproductions to help cast an edginess of light to your space at places like Home Depot and other large home stores. Just visit the outdoor lighting section rather than the indoor section.

These lamps will add a industrial charm to your space.

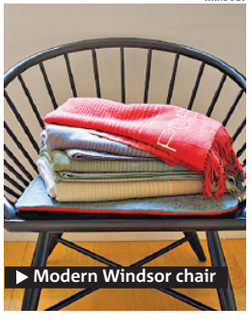
HANDOUT

▶ Fine feathered flooring

HANDOUT

▶ Modern country look

HANDOUT



▶ Modern Windsor chair

HANDOUT

▶ Road to Damascus

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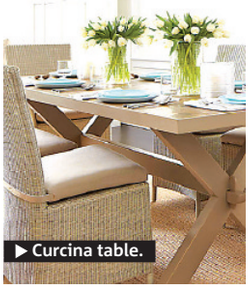

▶ Curcina table.

Outdoor heaters a great way to extend patio season

As Canadians, we look forward to patio season and whether we're grilling, entertaining or kicking back in a lounge chair, the season is never long enough.

By introducing outdoor heating you can extend the use of your deck, patio or dining area to include spring, summer and fall.

No wonder patio heaters have become a must–have accessory in many backyards. Available in a number of forms, there is a patio heater for almost any outdoor space, large or small:

Stand it

Appropriate for a deck or patio with a larger sitting area, free–standing units spread warmth evenly to a broader area.

Available in a variety of finishes, free–standing heaters come in both natural gas and propane formats.

Move it

Lightweight and portable, table–top heaters can be moved from table to sitting area. Look for safety features such as an automatic shut off, tip over protection system and safety grill guard.

Hang it

Enjoy evenings in your gazebo or pergola with the addition of a hanging heater. Look for one that uses infrared technology to ensure it is not affected by the wind.

In addition to offering warmth on cool evenings, it also provides beautiful ambient lighting. Many gazebos and pergolas come with a hanging hook, making installation a breeze.

Fold it

Perfect for smaller backyard areas, umbrella heaters add warmth to your evenings. They attach easily and safely to an existing patio umbrella, heating up to 10 square metres and conveniently fold up when the umbrella is closed.

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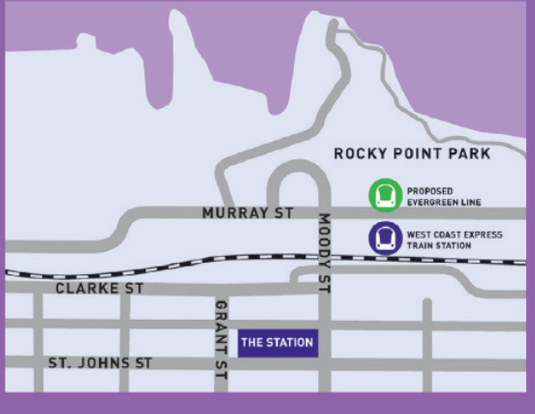

Presentation Centre located at 2732 St. Johns Street. Port Moody
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Come on baby light my garden

HGTV's Jamie Durie gives his suggestions for bringing mood lighting into your outdoor space for every taste

Few things are prettier in a night garden than soft pools of light illuminating interesting trees, accent rocks and plants, or pathways. Whether on a small terrace or in a sweeping landscape, lighting creates a welcoming and often dramatic atmosphere.

But in some cases, buried-wire electric lighting can be costly and impracticable. The answer might be solar lighting.

The technology of solar lighting has been refined in recent years to include new batteries that take and hold a charge better — typically 1,000 nights per unit. LED bulbs, too, have become more efficient. They can stay outside in any weather, and are available in various watts and colours.

Jamie Durie, author and host of HGTV's The Outdoor Room, suggests three ways to use solar lighting:

MY SOLAR SHOP/THE ASSOCIATED PRESS

▶ My Solar Shop solar stepping stones light a pathway.

"First, light your perimeter. It gives some perspective, and is a creative way to show the boundaries of your property," Durie says. "Next, mark out your walks and pathways. Lastly, feature trees and other features with up-lighting, or even by attaching solar lights to walls and fences."

JAMIEDURIE.COM/THE ASSOCIATED PRESS

▶ Light bulb-shaped solar lights.

Durie's not a fan of "clinical" white LEDs, preferring those with amber light. Make sure when buying solar lights that they're all the same tone. And for areas where you want greater intensity, look for lights with more than two and preferably four LEDs in them.

In his projects, Durie often combines low-voltage electrical lights with solar.

At mysolarshop.com, find Mission or Tiffany-style glass fence-post caps that fit standard size posts. There are wall-mount and lamppost styles here as well, and solar stepping stones that would make a wonderful walkway. You'll find great utility solar lighting as well: motion-sensing security lights, shed lights, address lights and even grill lights.

JAMIEDURIE.COM/THE ASSOCIATED PRESS

▶ This outdoor space designed by HGTV's Jamie Durie, host of The Outdoor Room shows soft solar lighting.

Stake lights are the quickest to install; Target and Home Depot carry mini lights in copper, stainless or black finishes that can be placed in the ground or in any plant container. Look for coach and Craftsman-style lamps sold in multiples at both retailers. Target's solar lamppost in a planter box is an attractive option.

The key, of course, is to position your lights for maximum sun exposure. Some lights have a separate photocell that can be placed a distance from the actual bulb component or string, so even a shady-area tree can be lit up.

Solar string lights look pretty illuminating trees around a patio or pool, or entwining a step railing. Plow & Hearth has a line of light bulb-shaped ones, cool for a hipster's outdoor space.

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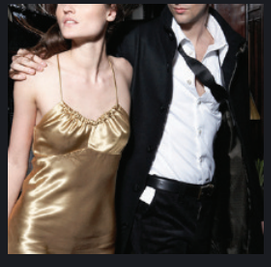

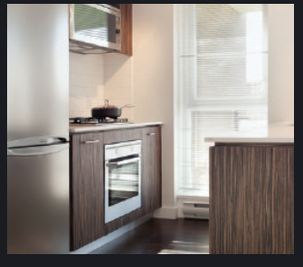

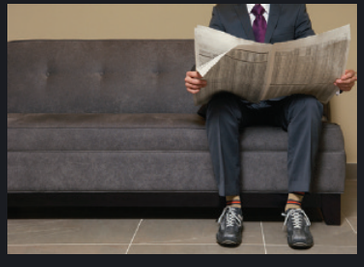

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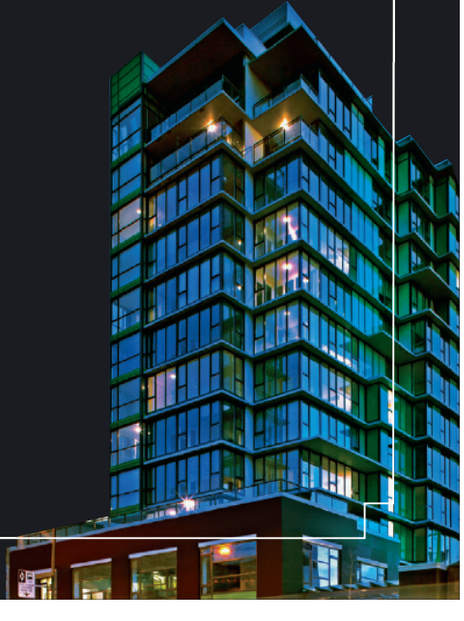

The pressing matter of a bench

The right potting bench can make or break the ease of your gardening life Choose wisely and consider these tips

One of Karen Angelucci's favourite gardening tools is the wood potting bench her father made for her.

The big poplar bench has shelves for storing pots, nails on which to hang utensils, and a large work area, said Angelucci of Lexington, Ky., an author of gardening books. "I have to have room to work and create," she said. "Potting benches tell the character of a person. That's why mine's large and messy."

Gardeners use the benches primarily for potting flowers and small seedlings.

They can help you become more efficient, said Robin Pokorski, secretary for the National Garden Clubs. She likes having all her tools within arm's reach when she's potting plants. "I wouldn't do without it," said Pokorski, who lives in Los Angeles.

Pokorski chose a plastic bench because she felt it would hold up better under the California sun. Potting benches are available in many materials, from wood to vinyl.

Building one can be an easy do-it-yourself project, said Lou Manfredini, Ace Hardware's Home Expert, in Chicago.

Here are some things to consider before buying or building a potting bench:

KAREN ANGELUCCI/THE ASSOCIATED PRESS

▶ Karen Angelucci's potting bench at her home in Lexington, Ky.

LOCATION

Put the bench in a shady spot so you're not working in direct sun, experts recommend. Consider whether to incorporate the bench into the landscape or hide it behind a garage or shed. Remember that a potting bench can get messy and cluttered.

SIZE

Think about what size plants and pots you will be using, and how much workspace you will need.

HEIGHT

Make sure the work area is at a comfortable level. You don't want to have to bend down or reach up.

STORAGE

Some benches come with shelves, drawers or utensil hooks for storing or displaying gardening tools. Consider hanging tools on hooks so they aren't sitting in wet drawers after it rains.

MATERIAL

Pick a material suited to your climate. Many benches are made from cedar or redwood, which can withstand the elements well. Plastic and recycled materials also hold up well in sun, rain and snow.

WHEELS

Some benches have wheels so they can be moved around the yard. If you intend to roll yours around the lawn, make sure it isn't too heavy to push.

COST

Prices vary widely. A do-it-yourself bench could be constructed for as little as $30. A number of gardening websites offer plans for building potting benches. Store-bought benches start at around $100.

APPEARANCE

Benches come in many styles, from rustic to country cottage to simple and functional. If the bench will be visible from a patio, deck or house window, you will need to consider whether it blends with the look of your house or yard.

ACCESSORIES

Potting benches can be outfitted with many kinds of equipment. Some have sinks that can be rigged to outdoor spigots. Others have leaves or shelves that can be folded out to create extra workspace. Some come with boxes to store soil or catch it while you work. THE ASSOCIATED PRESS

Blend simple spices for the perfect Chicken Dukka

THE ASSOCIATED PRESS

When it comes to weeknight cooking, the most basic of basics is the boneless, skinless chicken breast.

For this recipe, the inspiration was dukka, a classic Egyptian spice blend. We, however, used an easy-to-make version since finding the Egyptian spices may be a challenge.

Use the dukka to dress pan-fried chicken cutlets served over bread spread with hummus.

The entire thing gets topped with chopped hard-cooked egg.

It probably sounds a little unusual, but the result is tremendously good.

The recipe prepares entree-size portions, but is easily adapted for a starter. Instead of slicing the baguette into large oblongs, slice it into small rounds and cut the chicken into smaller pieces.

It becomes a sort of Middle Eastern crostini.

Preparation:

1. **Dukka:** In a mortar and pestle, combine and crush sesame seeds, 2 ml (1/2 tsp) of salt, cumin, peppercorns and paprika. Set aside while you prep the meat.
2. Lay each chicken breast on cutting surface and slice across centre horizontally to create 2 thin halves. Sprinkle each one on all sides with salt and pepper. Set aside.
3. In skillet over medium-high, melt butter. Cook meat 4 minutes per side.
4. Spread hummus over each piece of bread, then top with chicken. Spoon diced egg over chicken, then sprinkle with dukka spice blend.

THE ASSOCIATED PRESS

Ingredients:

- 15 ml (1 tbsp) sesame seeds
- Kosher salt
- 2 ml (1/2 tsp) ground cumin
- 2 ml (1/2 tsp) whole black peppercorns
- 2 ml (1/2 tsp) smoked paprika
- 4 boneless, skinless chicken breasts
- Ground black pepper
- 30 ml (2 tbsp) butter
- 500 g (16 oz) hummus
- 30-cm (12-inch) baguette, sliced into 8 long oblongs
- 4 hard-boiled eggs, diced

An im-press-ive way to serve up turkey

A panini press cooks these marinated medallions in no time

ASSOCIATED PRESS

Preparation:

1. In a medium bowl, whisk together vinegar, sesame oil, soy sauce, garlic powder, ginger and 2 ml (1/2 tsp) black pepper. Add turkey rounds, turning to coat each. Cover and refrigerate for 30 minutes.
2. Meanwhile, in a second medium bowl, whisk together olive oil, hoisin and 1 ml (1/4 tsp) black pepper. Add asparagus and mushrooms, then toss to coat evenly. Set aside until meat is ready.
3. Heat oven to 100 C (200 F). Once meat has marinated, heat a panini press or other countertop grill (if your press has temperature settings, use high).
4. Arrange turkey rounds on panini press, close it and cook for 3 1/2 minutes or until browned on both sides. Transfer rounds to an oven-safe platter, sprinkle with sesame seeds, then place in oven to keep warm.
5. Arrange asparagus and mushrooms on panini press, close it and cook for 3 minutes or until vegetables are nicely seared and just tender. Sprinkle them with salt, then cook for another minute. Serve vegetables with turkey medallions. Makes 4 servings.

THE ASSOCIATED PRESS

Ingredients:

- 50 ml (1/4 cup) seasoned rice vinegar
- 30 ml (2 tbsp) toasted sesame oil
- 30 ml (2 tbsp) soy sauce
- 5 ml (1 tsp) garlic powder
- 15 ml (1 tbsp) grated fresh ginger
- Ground black pepper
- 625 g (1 1/4 lb) turkey tenderloin, cut into 1-cm (1/2-inch) thick rounds
- 30 ml (2 tbsp) olive oil
- 15 ml (1 tbsp) hoisin sauce
- 1 bunch asparagus, bottoms trimmed, halved crosswise
- 2 large portobello mushrooms, cut into thick slices
- 15 ml (1 tbsp) toasted sesame seeds
- 2 ml (1/2 tsp) kosher salt

Jazz up tuna and vermicelli noodles

This vermicelli and tuna combo is a fun and nutritious dish to serve to children who may be fussy about eating fish but are fond of noodles.

Preparation:

1. Place noodles in a bowl. Cover with boiling water; soak 4 mins.
2. In a pan on medium high heat, lsauté tuna.
3. Slice red pepper and sun-dried tomatoes (reserve 15 ml/1 tbsp oil from each jar).
4. Drain noodles. In a large bowl, stir noodles with all the ingredients including reserved oil. Pour additional 15 ml (1 tbsp) oils onto mixture for extra flavour. Serve immediately.

THE CANADIAN PRESS/ CLOVER LEAF

Ingredients:

- 165 g (6 oz) vermicelli noodles (fine width)
- 2 cans flaked light tuna (lemon and pepper flavour)
- 1 roasted pepper from a jar (from a jar)
- 50 ml (1/4 cup) each sun-dried tomatoes and black olives (from a jar)

THE CANADIAN PRESS HP

▶ Even the fussiest eaters will love this tuna and noodle combo.

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A waiting game

Game 7 between Sharks and Red Wings tonight will determine Canucks' third-round opponent

Henrik and Daniel Sedin count NHL scoring titles and Olympic gold among their laurels but both know the Stanley Cup playoffs will define them as players.

Henrik won the Art Ross Trophy last season with 112 points and was named league MVP when Daniel was limited to 63 games by injury.

This season it was Daniel's turn, winning the scoring title with 41 goals and 104 points. He's also been nominated for the Hart Trophy as MVP.

But getting well beyond the second round of the post-season and hoisting the Cup means more to the Swedish red-headed twins after 10 seasons with the Vancouver Canucks.

"Both me and Danny now have done special things in the regular season and that means a lot, for sure," Henrik said yesterday.

"It shows you've worked hard to get where you are. But if we don't get past the second round during the time we've been here, I don't think people are going to remember us as great players."

The Canucks must wait until tonight, when the Detroit Red Wings and San Jose Sharks collide in Game 7 (TSN, 6 p.m.) of the conference semifinals, to learn who their Western Conference final opponent will be.

That best-of-seven series begins here on Sunday with Game 2 on May 18.

Vancouver defeated Nashville and Chicago to reach the conference final for the first time in 17 years.

That's only a job half done, said Henrik.

"It's nice all those things, but if we had been here three or four or five more years and have never been past the second round or hadn't done anything, we've had good careers but nothing more."

"Right now it's Stanley Cup, and then maybe the Olympics, but I won that already."
CANUCKS CAPTAIN HENRIK SEDIN ON HIS ACCOMPLISHMENT WISH LIST

Like most athletes waiting for a playoff opponent to be determined, Canuck players wouldn't express a preference.

"We're hoping for 10 periods," Henrik Sedin joked of tonight's game.

He doesn't expect the survivor to be sluggish on Sunday.

"It's playoffs, I don't think you can count on anyone being tired," Henrik said.

Both the Wings and the Sharks play offensive-minded, puck-possession games similar to that of Vancouver.

"It's definitely going to be a different series for us," said Christian Ehrhoff. "Nashville plays a different style of game and we adapted to that. We had to play a lot more of a patient game."

Maxim Lapierre wants to go further than last season when he was with Montreal.

"It's pretty tough when you come that far and you get kicked out," he said of the Canadiens' East final loss to Philadelphia.

"You dream as a kid to win a Stanley Cup ... You want to make sure the guys realize it doesn't happen to everybody every year to be in that situation."

THE CANADIAN PRESS

CLAUS ANDERSEN/GETTY IMAGES

▶ Roberto Luongo and Aaron Rome of the Canucks defend against Todd Bertuzzi of the Red Wings in December.

2-0-2: Canucks' record vs. Wings

RICH LAM/GETTY IMAGES

▶ Vancouver's Ryan Kesler and Derek Joslin of San Jose push and shove during a game in January.

3-0-1: Canucks' record vs. Sharks

More Canucks

Trade deadline acquisition Maxim Lapierre and Mikael Samuelsson are the only Canucks to play in a conference final.

- **Lapierre's 49 hits** in 13 games are tops in the playoffs.
- **Christian Ehrhoff** is tied with former San Jose teammate Dan Boyle for the playoff scoring lead among defencemen with two goals and nine points.

4 sports

Quoted

"Finally getting over this hump against this team. Everything I went through this summer, with 'The Decision' ... Very emotional at that point, you know, and happy we got through it as a team."
LEBRON JAMES, WHO KNELT DOWN ON THE COURT IN CELEBRATION AFTER HIS MIAMI HEAT ELIMINATED THE BOSTON CELTICS WITH AN 97-87 WIN IN GAME 5 TO ADVANCE TO THE NBA EASTERN CONFERENCE FINALS.

Scan code for more sports.

JEFF VINNICK/GETTY IMAGES

▶ Jay DeMerit of the Whitecaps sports a Canucks jersey and a playoff beard before last night's game in San Jose.

Caps eke out a draw

1	1
WHITECAPS	QUAKES

Davide Chiumiento's goal moments into injury time gave the Vancouver Whitecaps a last-minute 1-1 tie with the San Jose Earthquakes in Major League Soccer action last night.

The Whitecaps improved to 1-4-5 while keeping the Earthquakes (1-4-3) winless in six games, even though the visitors controlled play until the 75-minute mark.

Chris Wondolowski, who won the 2010 MLS Golden Boot as the league's top scorer, scored for San Jose in the first half.

Chiumiento scored his first goal of the season as he put a curving shot from the right flank past San Jose goalkeeper Jon Busch. THE ASSOCIATED PRESS

0-3 not what it used to be

MATTHEW WUEST
@METRONEWS.CA

The Philadelphia Flyers, Chicago Blackhawks and now the Detroit Red Wings have breathed new life into NHL playoff comebacks that once seemed impossible.

After 35 years and 112 consecutive series without a single comeback from a 3-0 deficit, the Red Wings have become the third team in the past 12 months to be in that position. They've battled back from an 0-3 hole to force a Game 7 and can knock off the San Jose Sharks tonight at 6 p.m.

"The more comebacks that happen, the more teams believe, 'Hey, we can do this and it's possible,'" said Tampa Bay Lightning general manager Steve Yzerman.

The Flyers shocked the hockey world last May when they knocked off the Boston Bruins after trailing the Eastern Conference semifinal 3-0, just the third comeback victory of its kind.

The Blackhawks almost did the same in the first round this year when they battled back from a 3-0 deficit against the Vancouver Canucks, only to fall short in a Game 7 loss.

Yzerman called the comebacks "great for our league" and said "competitive parity" is a factor for their sudden regularity.

The Red Wings-Sharks series illustrates that. It has been tied or separated by a single goal for 336 out of 376 total minutes, or 90 per cent of the series.

"The games are so close," Yzerman said. "Every single game is one goal and it can go either way, so the teams that fall behind (in the series), as long as they don't get discouraged and don't make any (unnecessary) adjustments, there's always hope."

1942
▶ Detroit blows 3-0 lead against Toronto in the Stanley Cup Final.

1975
▶ Islanders climb out of 0-3 hole against Penguins in quarter-finals.

2010
▶ Bruins lose four in a row after being up 3-0 against Flyers in East semifinal.

EZRA SHAW/GETTY IMAGES

▶ Detroit's Henrik Zetterberg, left, skates away from San Jose's Heatley in Game 5 of their Western Conference semifinal.

And the winner is ...

A compelling case can be made that the Red Wings and Sharks both have the edge going into their improbable Game 7 tonight

Wings win because ...

... they have momentum and experience. After winning three games in a row, they are looking to add another memorable accomplishment for a franchise that has won four Stanley Cup titles since 1997. The Sharks have never advanced past the conference finals.

... the Sharks will be facing a great deal of pressure when the puck drops in San Jose tonight. The Sharks already carry the baggage of several years of disappointment and underachievement in the playoffs, and the weight of possibly suffering the worst of collapses certainly won't help.

... the game is in San Jose. Road teams are 37-32 in these playoffs, and are 13-7 in overtime in this year's playoffs, where they have won five straight.

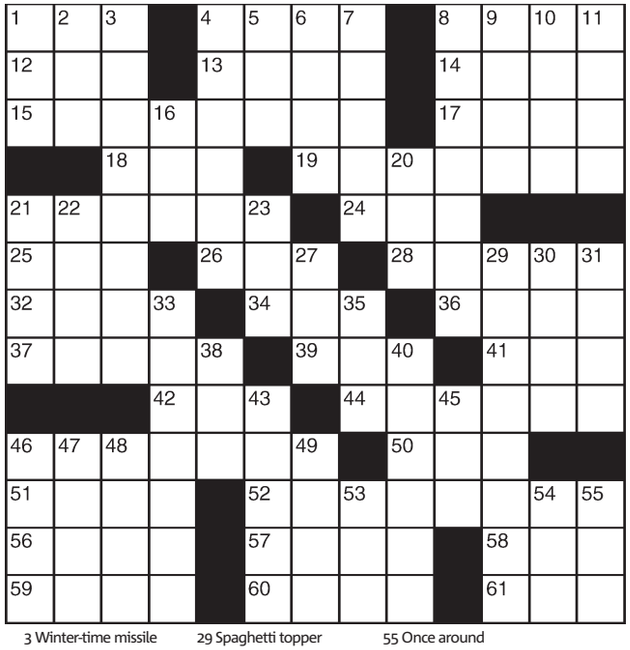
Sharks win because ...

... the odds are in their favour. Between 1976 and 2010, of the 112 series in which a team led 3-0 none needed a Game 7 before the Philadelphia Flyers' win last year. There have been 167 leads of 3-0, with only 1.8 per cent of teams blowing them.

... San Jose is 5-0 in overtime in this post-season, including two wins against Detroit as it built what seemed to be an insurmountable lead. There have been lots of games involving OT in this year's playoffs — 20 in the first 69 games — so it wouldn't be surprising if tonight's game did as well.

... their stars are due. Patrick Marleau, who led the team in scoring in the regular season, has no points through the first six games, Dany Heatley has just one goal in the six games and captain Joe Thornton has a minus-3 rating the past three games. THE ASSOCIATED PRESS

Crossword



Across

1 Ambulance initials
4 Snake's noise
8 Fine
12 PC linkup
13 "Movin' —" ("The Jeffersons" theme)
14 See 25-Across
15 Tabletop soccer game
17 Carey or Barrymore
18 Pale
19 Shot that misses completely
21 Mandrill, e.g.
24 Suits — T
25 With 14-Across, monkey's talk in an old silly song
26 Greet the villain
28 He's had some bad hare days
32 Spring melody
34 Insult (Sl.)
36 — Strauss & Co.
37 Big brawl
39 Varnish ingredient
41 Lend a hand
42 Coach Parseghian
44 Rook
46 Snooker need
50 Horde
51 Killer whale
52 Human dynamo
56 Marx or Malden
57 "American —"
58 Meadow
59 Hebrew month
60 A very long time
61 Back talk

Down

1 Sprite
2 Long March chairman
3 Winter-time missile
4 Mingle
5 — pinch
6 1973 Toni Morrison novel
7 Divided
8 Kook
9 Songwriter DioGuardi
10 First victim
11 Sailing vessel
16 — Paulo
20 Fish eggs
21 Soothing ointment
22 Rose's love
23 Affirmative action?
27 Lubricate
29 Spaghetti topper
30 Wicked
31 Take the bus
33 Brewing gizmo
35 Anatomical pouch
38 Pitcher's stat
40 Desert caravan
43 Role for Michael Caine or Jude Law
45 Weep loudly
46 Furnace fuel
47 Caspian feeder
48 Beige
49 Chic beach resort
53 Director Howard
54 Floral garland
55 Once around

▶ Yesterday's answer

H	A	Y		C	U	S	S		M	E	O	W		
A	G	O		A	G	U	E		O	R	E	O		
N	A	Y		T	H	E	M	E	P	A	R	K		
G	R	O	A	N			I	M	P					
			T	A	W	A		S	E	D	A	N		
B	A	L	L	P	A	R	K		T	A	C	O		
A	H	A		S	L	I	N	G		N	E	O		
B	A	S	K		D	E	E	R	P	A	R	K		
A	B	H	O	R		S	W	A	T					
			W	A	S			C	A	D	E	T		
S	O	U	T	H	P	A	R	K		U	S	A		
A	U	T	O		E	V	I	L		A	P	T		
C	R	E	W		C	E	D	E		L	Y	E		

Sudoku

	4		9	1	8		7	
7								9
		5				4		
9	3		8		7		4	6
				9				
6	8		2		1		3	5
		3				2		
4								7
	7		5	6	4		8	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

5	2	6	4	7	3	9	8	1
9	4	3	6	1	8	2	7	5
7	1	8	2	5	9	3	6	4
1	5	7	3	4	2	6	9	8
6	3	4	8	9	5	1	2	7
2	8	9	1	6	7	4	5	3
3	9	1	5	8	6	7	4	2
4	7	5	9	2	1	8	3	6
8	6	2	7	3	4	5	1	9

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

JC, I love you so much and hope tomorrow will go well. I no changes are happening in our lives but I will always be by your side <3 **ANDI**

Milkshake, I just wanted to let you know that I love you. I wanted to thank you for sticking with me, making me feel so complete, and helping me through all my problems. I've felt more than anyone could even try to make me feel and for that, I thank you. I love you, happy 2 months! **FRENCH FRY**

bunches
you drive me crazy, I think of you all the time, if only fate had the same paths for us to be happy together it would be amazing. Just know that your neighbour is there and will always have a spot for you in her heart! hugs and kisses babe! **NEIGHBOUR**

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Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Use your energy to finish tasks you started but allowed to drift.

♉ Taurus April 21-May 21 You must try not to force people to do things against their will. It will work against you.

♊ Gemini May 22-June 21 If you want to get somewhere worth going, rely on someone who knows the way.

♋ Cancer June 22-July 22 Not everyone is as honest as you. You need to keep that fact in mind at all times today.

♌ Leo July 23-Aug.23 Someone in a position of authority will make you a great offer today.

♍ Virgo Aug. 24- Sept. 22 Now is the time to stop dreaming and start doing. Go for it.

♎ Libra Sept. 23-Oct. 23 Jealousy will rear its ugly head today. You could find yourself saying things you don't mean.

♏ Scorpio Oct. 24-Nov. 22 The odds are high that you will fall out with someone you have feelings for today. The pressure has been building.

♐ Sagittarius Nov. 23-Dec. 21 The best way to deal with a problem is attack it, head on.

♑ Capricorn Dec. 22-Jan. 20 You don't have to do everything at a rate of knots. More haste, less speed.

♒ Aquarius Jan. 21-Feb. 18 Try not to let a minor matter assume more importance than it deserves. No need for tears.

♓ Pisces Feb. 19-March 20. Do you have something to prove? If so, it's time to get over it.

SALLY BROMPTON

Caption contest

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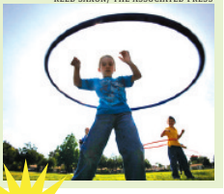

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